

# Do your nutrition education ON THE INTERNET

**It's easy!** You can use any computer, tablet or smart phone

**It's fun!** There are lots of great recipes and tips on preparing healthy foods

**It's convenient!** You can do it any time and anywhere you have Internet access

**WIC parents that have used it really enjoy it!**



Access lesson certificates  
by clicking on "My Certificates"



Save your favorite links so  
you can revisit them any time



Share your favorites on  
Facebook and via email

## What WIC clients are saying:

*Awesome website!!! Lots of great information and links!*

*I think the website is great, looks wonderful and is very easy to follow. I love having a person talking right there.*

*This is a great idea! Especially for us working parents that have a 9-5 job. It is hard to take a personal or sick day. We like to use those for our sick children not for appointments.*

## Follow these simple instructions to get started:

1. Go to wichealth.org.
2. Create an account and set up your profile.  
Your Household ID # is: \_\_\_\_\_
3. Choose a lesson from one of the 5 categories.
4. Complete the lesson.
5. Fill out the survey.
6. Print or email your certification of completion.

This will count as your nutrition education

This is an equal opportunity provider and employer

# Lessons Available

## Pregnant Women

- A Recipe for a Healthy Pregnancy
- Food Safety for Moms-to-Be
- Understanding Your Baby's Sleep

## Family

- Choose MyPlate to Build a Healthier Family
- Eat Well- Spend Less
- Farm to Family: Keeping Food Safe
- Healthy Whole Grains
- Make Mealtime a Family Time
- Making Healthy Meals
- Meatless Meals for Busy Families

## Parents

- Be Healthy As Your Baby Grows
- Be Healthy with Fruits and Veggies
- Choose Iron-Rich Foods
- Keep Your Family Safe From E.Coli
- Preparing For A Healthy Pregnancy

## Infants

- Baby's First Cup
- Breastfeeding: Building a Bond for a Lifetime
- Shining Some Light on Vitamin D
- Starting to Feed Your Infant Solids
- Understanding Your Baby's Cues

## Children Ages 1-5

- Build Strong Kids with Dairy Foods
- Fruits and Veggies Grow Healthy Kids
- Fun and Healthy Drinks for Kids
- Happy, Healthy, Active Children
- Help Your Child Make Good Eating Choices
- Make Meals & Snacks Simple
- Secrets For Feeding Picky Eaters
- Trust Your Child To Eat Enough
- Two Minutes Twice a Day for a Healthy Smile



Share what you find!

\* All lessons available in Spanish

